



Gold standard recommendations:

- exclusively breastfeed for 6 months
- continue to breastfeed with added solids for at least 1 year

Breastfeeding is the gift that lasts a lifetime.

For more information about WIC or breastfeeding,
please call 1.800.342.3556.

WIC is an equal opportunity provider.

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Good Nutrition for
Women, Infants & Children

FLORIDA DEPARTMENT OF
HEALTH